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Weather Forecast		Today	High:48 Low:23
Saturday	High:51 Low:26	Sunday	High:51 Low:27

FRIDAY

December 13, 2002

America's Warfighting Center

Vol. 45, No. 50

Fort Riley Post



Battle of the Bulge Television Special

InStep With Fort Riley will will air a 30 minute special on the Battle of the Bulge this Sunday at 7 a.m. on CBS, WBW Channel 13. The special will also air on Fort Riley's Channel 2 at 6:30 and 8 a.m., noon, 6 p.m. and 10 p.m.



Volunteer, Julie McWherter, wraps presents for Operation Santa Claus with the assistance of her children, Cody, 7, and Valia, 2. The Protestant Women of the Chapel volunteered for the OSC project through their outreach program.

MPs return from Guantanamo Bay

By Jamie Bender
Staff writer

The 346th Military Police Company returned from a deployment to Guantanamo Bay, Cuba, Dec. 4.

The deployment was a trying and emotional experience for some Reservists, although for different reasons.

"My wife had a baby while I was gone," said Cpl. Brian Brigman. "I did get to come home for 10 days, but leaving again was very emotional."

"I've gotten used to the structure and the routine of military life. Being home will take a little getting used to," said Brigman.

Sgt. 1st Class Dena Goble said she is anxious to see family and friends. "It will be nice to get back into the old routines," she said.

"We came at a transitional time," said Goble. "It could be very difficult because the rules

changed often. We just had to check our emotions at the gate and do our jobs," she added.

Soldiers worked, on average, a 10-hour day, Goble said. "There were three different shifts, and there were also the standard details that had to be worked as well," she said.

It was a totally different environment, Goble said. "I was responsible for other people, and there was no down time. It's not like being able to go home and have to be called in. Someone is right next door and can come knocking any time."

There were 12 soldiers per sea but, a wooden barracks-type building, said Goble. "It was tight quarters, and the running water was down the road in a different building. On the bright side, it was ocean front property," she

said.

To relieve some of the stress that soldiers encountered, they had several Moral, Welfare and Recreation activities available to them, as well as activities unique to the area.

"We had a Commanders Cup competition while we were there," said Goble.

"We could go boating or snorkeling or scuba diving," said Brigman. "It is Cuba, after all."

The Reservists of the 346th MP Co. left their civilian jobs to do the jobs the Army needed them to.

Brigman builds farm equipment at his civilian job in Newton.

He said he knows his job is waiting for him back home. "I still drew pay for the first four months I was gone, and I still receive my health care benefits. My boss is very understanding of the job I do for the Army," he said.

Fort Riley troop named Command Support Soldier of the Year for CID

Staff Reports

"In the dark, twisted realm of interpreting Army Regulations, Denaturing personnel actions and controlling red tape, a beacon of light shines through the gloom to command order from chaos. That shining beacon of light is Sgt. 1st Class Josie B. Wash," said 1st Sgt. John Dillon, Fort Riley Criminal Investigation Battalion.

Wash's command thinks she is outstanding as well. She was recently chosen CID Command Support Soldier of the Year.

Wash oversees all administrative actions for CID company level units at Fort Riley, Fort Sill,

Fort Carson, Fort Leavenworth and Fort Leonard Wood, Dillon said. She also oversees administrative actions for the CID Detachment located at St. Louis, Mo., he added.

"Without the benefit of an S-1 officer, Wash instinctively accepted the challenge of organizing and leading the soldiers and civilians of the S-1 section to support the needs of the battalion and all subordinate units," Dillon said. "She established liaison relationships with key installation offices and further established standard operating procedures to facilitate mission success with all personnel actions across the battalion spec-

trum."

Dillon said Wash has always been able to complete her mission under any circumstances.

"Her ability to excel, even during the absence of orders, is instrumental to the successful operation of the battalion mission. She is an integral key in supporting our soldiers currently deployed to Kosovo and Guantanamo Bay, Cuba," he said.

Wash is also known for her dedicated support to military families.

"Equally important is her support to family members of deployed soldiers to ensure finan-

See CID Page 3

Suicide rate declines, prevention programs increase DoD-wide

The rate of suicides in the military has declined in recent years to 12 per 100,000 — two-thirds the national average. But that's still not good enough for Department of Defense health care officials.

During an open forum Nov. 19 at the Marine Corps Henderson Hall in Arlington, Va., Army, Air Force and Navy representatives joined a panel of mental health experts to begin planning a year-long campaign aimed at reducing suicides in the military even further.

"Just because we've been successful doesn't mean we stop focusing on the problem," said Dr. (Lt. Col.) Rick Camp-

ise, suicide prevention manager and consultant to the Air Force Surgeon General. "If we become complacent, we're only inviting suicide rates to go back up again."

Army Dr. (Lt. Col.) Elspeth Ritchie, program director of Mental Health Policy and Women's Issues, Office of the Assistant Secretary of Defense for Health Affairs, said forum participants would analyze military suicide prevention programs and determine their effectiveness.

"The number of suicides has gone down because all the services have (been using) very aggressive suicide prevention

programs," Ritchie said. "The focus of the forum will be to look at each service's programs and come up with a 'unified approach' to suicide prevention."

DoD statistics show the Air Force as having one of the more successful prevention programs among the services. Between calendar 1991 and 2001, the suicide rate among active-duty personnel fell from a high of 15.9 per 100,000 in 1994 to 5.6 per 100,000 in 1999 — nearly a two-thirds decline.

Campise, who unveiled the Air Force's latest tool in preventing suicides, an interactive Web site, credited the decline

in suicides among airmen to leadership and community involvement.

"Our program's success lies in the fact that every single person in the Air Force is a suicide-prevention manager," he explained. "From the chief of staff on down, the internal message is to take care of our people."

Navy Lt. Cmdr. Kevin Kennedy, behavioral health section head, Naval Personnel Command, Millington, Tenn., has seen similar success among Marines and midshipmen. He reported that the suicide rate among Navy personnel in 2001 was 10.4 per 100,000, the lowest in

a decade.

(DoD) statistics indicate the Marine Corps suicide rate began in 1991, 2001 ranged from a high of 20.9 per 100,000 in 1993 to a low of 11.7 per 100,000 in 1997. The 2001 rate was 16.2 per 100,000.)

"We can't say that our training has caused the low rate, but we can say it correlates with the low rate of suicide among our sailors and Marines. And that leads us to think we are doing something right," Kennedy said. He noted that the

See Suicide Page 2

Army announces second partial lift on Stop Loss

Assistant Secretary of the Army (Manpower and Reserve Affairs) Reginald J. Brown recently approved partially lifting stop loss for selected warrant officer specialties and enlisted military Occupational Specialties affected by Stop Loss 1 through 4. The decision to partially lift Stop Loss 1 through 4 will affect

approximately 655 active Army, 591 Army Reserve and 454 National Guard soldiers between now and March 31.

Several warrant officer specialties and enlisted MOSs for active military Occupational Specialties are subject to the second stop loss partial lift.

No commissioned officer spe-

cialties are affected by this action.

As the affected soldiers begin their transition from the Army, they will be provided sufficient time to complete Army Career & Alumni Program processing and demobilization activities for Ready Reserve soldiers. Personnel strength managers from all Army components will regulate separation dates to ensure no adverse impact on Army-wide readiness.

Brown approved the first four increments of stop loss in support of Operations Noble Eagle and Enduring Freedom Nov. 30, 2001, Dec. 27, 2001, Feb. 8 and June 4. Stop loss identifies soldiers with specific skills and specialties essential to national security and the war on terrorism. On June 4, Brown also approved partially lifting stop loss for one officer specialties and 12 enlisted military occupational specialties affected by stop loss 1-3 (Partial Lift #1).

On Aug. 31, Brown approved changing the Army's stop loss program from an open-ended policy to affecting soldiers for up to 12 months. The latest stop loss message issued on Nov. 4,

announced a Reserve Component unit stop loss policy that established stop loss upon an RC unit's alert notification and continues through the period of mobilization until 90 days after demobilization.

Prior to operations Noble Eagle and Enduring Freedom, the Army last used stop loss during Operation Desert Shield/Desert Storm in 1990 when President George H. Bush delegated stop loss authority to the secretary of defense.

Stop loss allows the Army to retain soldiers in the service beyond their date of separation or retirement for an open-ended period. Those affected by the order generally cannot voluntarily retire or leave active duty or separate from the service as long as reserves are called to active duty or until otherwise relieved by proper authority. Stop loss does not affect most involuntary separations or retirements, nor does it generally limit laws, regulations, or policies that lead to involuntary separations, retirements or releases from active duty.

The Army continues to reevaluate stop loss on a monthly basis and uses it to maintain unit readiness.

Soldiers can now view days deployed on AKO

By Patrick Swan
Army News Service

Beginning this month, soldiers can track their total deployment days on their Army Knowledge Online accounts. This information will be available to soldiers in the Personnel community of the AKO Web site, under the "My Personnel" channel.

This greater visibility for soldiers is a result of collaboration between AKO and the U.S. Total Army Personnel Command, which is establishing a link to AKO with its PERSTEMPO web application.

"Posting deployment data to AKO offers numerous advantages, makes best use of available technology at a reasonable cost and allows the Army greater flexibility to disclose PERSTEMPO data to soldiers in the field," said Capt. Rob McCaslin, an action officer for PERSCOM's Field Systems Division.

The initiative follows a July meeting between PERSCOM officials and those at AKO, McCaslin said. The AKO staff offered to explore including deployed days on the "My Personnel" page of AKO.

The Deputy Secretary of Defense suspended the PERSTEMPO per diem payment provision in October 2001, following the terrorist attacks of Sept. 11, 2001. Tracking of deployed days continues, but not for payment consideration, PERSCOM officials said. Until November 2001, individual PERSTEMPO counts were posted to a soldier's leave and earning statement. Based on a unanimous rec-

See AKO Page 4

Specialties affected by Stop Loss lift

Warrant Officer Specialties:

- 350D Imagery Intelligence Technician
- 352G Voice Intercept Technician (Language Specific) *
- Enlisted soldiers Occupational Specialties:**
- 13C Field Artillery Automation Fire Support Specialist
- 13D Field Artillery Tactical Data Systems Specialist
- 13E Cannon Fire Direction Specialist
- 14E Patriot Fire Control Specialist
- 33W Intelligence Electronic Warfare Repairman
- 96R Ground Surveillance Systems Specialist
- 98G Voice Interceptor (Language Specific) *

* Language specific skills lifted from stop loss for 352G Voice Intercept Technician and 98G Voice Interceptor are: Burmese, Cambodian, Chinese-Mandarin, Czech, French, German, Hebrew-Modern, Hungarian, Japanese, Korean, Lao, Polish, Spanish, Russian, Serbo-Croat, Tagalog, Thai, and Vietnamese.



Leave donations can be made any time, not just end of year

By **Jamie Bender**
Staff writer

Civilian employees can only have up to 240 hours of leave time carried over each year. Anything over that amount on Jan. 11, 2003, will be lost. The leave donation program is a way that those employees who will lose time can make sure someone in need uses those hours.

The leave donation program allows a federal employee who is facing a medical emergency to receive transferred annual leave directly from other employees. The program allows an employee to receive pay while recuperating from a medical emergency, whether it is their own or a family

member's.

"A medical emergency is a medical condition of an employee or family member that is likely to require an absence from duty for a prolonged period of time and results in a substantial loss of income," said Sonja Elzy, human resource assistant. Family members include children and their spouses, brothers and sisters and their spouses and any individual related by blood or affinity whose close relationship is equivalent as a family relationship."

The person receiving donated leave must be facing at least 24 hours of missed pay to qualify. "If you know in advance that you will lose pay, get the paperwork started," said Elzy. "Don't wait until

the last minute. We need to get the applications processed as soon as possible."

To receive donated leave, ask your supervisor for a point of contact or go to <http://www.pm.gov/oca/leave/HTML/formindx.htm> on the Internet and click on OPM630. Also on this site, you can donate leave by clicking on OPM630-A for a same

"As long as I have been doing the leave donation program, since 1996, Fort Riley has been outstanding in helping employees and family members by donating."

—Sonja Elzy
Human Resources Assistant

note that states what the medical emergency is, Elzy said. "The doctors note should include the prognosis and an estimate of how long the employee will be out."

When someone is in need of

agency donation or OPM 630-B for interagency donation. When applying for donated leave, you must include a doctor's

The forms are sent through the POC to Elzy at the Civilian Personnel Advisory Center. Elzy reviews the requests to make sure the employee is eligible and that supporting medical documentation is present. She then forwards the paperwork to the civilian pay technician.

When the person returns to work, a memorandum must be submitted to Elzy at CPAC stating the date the employee returned.

Any federal agency employee can donate, not just Department of the Army. There are different forms for interagency donations, said Elzy. The forms are available on the web site or through your agency point of contact. "Only annual leave may be donated, not accumulated sick leave," she added.

"We take leave donations all year, not just at use or lose," said Elzy. "As long as I have been doing the leave donation program, since 1996, Fort Riley has been outstanding in helping employees and family members by donating. Recipients do not know who donates leave to them, so I would like to thank donors on their behalf."

Suicide continued from page 1

Navy's plan stresses the importance of getting help immediately, notifying command leaders, and individual responsibility.

"With increased emphasis on prevention, we feel our number of suicides will remain low," Kennedy said.

Meanwhile, the Army, working with John Hopkins University of Baltimore and Living Works Education, a Canadian-based public-service company, plans to extend its "Applied Suicide Intervention Skills Training," or ASIST, to all soldiers.

The training, which is being conducted in workshops Army-wide, gives soldiers at risk for suicide the confidence and tools for immediate life-saving actions, said Army Lt. Col. Jerry Swanner, a suicide prevention program manager at the Pentagon.

"ASIST trains laypeople, professionals — basically anyone — in how to estimate the risk of suicide in an individual and then apply an intervention model when appropriate," Swanner explained. "We recognize that we will not

prevent every suicide, however, our purpose is to minimize the risk."

Fort Riley provides one ASIST course on a quarterly basis, according to William Powers, chief, Soldier and Family Support Center.

The Soldier and Family Support Center has also trained employees to provide additional resources to conduct ASIST on the installation, he said.

The post chaplains are also routinely trained for suicide prevention at the Menninger Institute in Topeka and the Fort Riley Life Skills Training Program has a suicide prevention module, which every unit has access to on the Intranet.

Regardless of the strategy, major parts of the new campaign will focus on educating service members that suicide is preventable and to teaching them what signs and symptoms to look for, Ritchie said. Those signs include depression, alcohol abuse, and family issues due to frequent deploy-

ments, retirement or loss of military careers, Ritchie said. Other warning signs to look for include decreased ability to concentrate, a change in appetite or sleep, irritability, loss of energy, and feelings of guilt, she added.

"The important thing for someone to do if he notices these factors is to ask, 'What's going on, what's wrong?' It's never hurts to ask," she said.

Ritchie noted the military's current high op-tempo in the war on terrorism, increased deployments and the threat of war seem to have no direct influence on military suicide rates.

"The rates have remained close to the same," she added. There has been a "small fluctuation" in

the number of suicides in the past year, she said, but military suicides are still well below the national average.

"Our rates are lower than the civilian world, that's true. But irrespective of our rates being lower, they are still too high," Ritchie said.

"Any suicide is going to have a major effect on the unit in terms of people feeling, 'What should I have done?'"

In terms of morale, she said, "Everybody is affected. Everybody hurts. So suicides really affect our military readiness as well."

Editor's note: By Doug Sample, American Forces Press Service and staff reports.

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Talk Around Town

"How do you feel about military health care?"



"It's great! There are a lot of resources available, and it's free!"

*1st Lt. Ericka Gibson
Operating Room Nurse
MEDDAC*



"This is my first time with military care and I found everyone more helpful than civilian doctors."

*Amanda Dake
Military Spouse
Salina, Kan.*



"There is too much running around trying to get where soldiers need to go. The waiting time for soldiers is way too long."

*Sgt. Patrick R. Gilmore
Squad Leader
24th Transportation
Company*

CID continued from page 1

cial matters are supported and personnel actions continue to be processed in a timely manner," Dillon said.

According to her executive officer, Maj. John Blair, Wash is the consummate professional soldier and she routinely volunteers personal time to assist others and to ensure the mission is completed.

Blair agrees that Wash has earned the respect and loyalty of

all soldiers and leaders in the battalion.

"She is personally mentoring a subordinate to compete in the CID Soldier of the Year competition and actively assisting another subordinate in preparing for an upcoming promotion board," Dillon said.

In addition to her job duties, Wash is also a current recipient of the Army Physical Training Excellence Patch and is aggres-

sively pursuing her Bachelor of Science degree, which should be completed in Spring 2003, according to Dillon.

Wash has been a beacon of inspiration, Dillon said.

"She is a highly professional soldier who regularly places her soldiers and the mission in front of her own desires. She serves as an exemplary model of an NCO and always leads by example."

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3 x 10"
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Internet Cafe opens doors to soldiers

*By William Biles
Staff Writer*

The 937th Engineer Group officially opened their Internet Cafe for business Nov. 27, with a ribbon cutting ceremony outside the establishment located in building 8067, Normandy Dr.

At the opening, the group also honored the individuals who assisted in making the project a success by presenting them with awards prior to the cafe's grand opening.

"The Internet Cafe is the result of the hard work from soldiers, contractors and various post agencies," said Capt. Barbara Mancari, construction section, 937th Engineer Group. "In the end, these soldiers logged over 5,000 labor hours and saved Fort Riley \$80,000."

Although the cafe was conceived and constructed by the 937th Eng. Group, it is open to all of the soldiers on Fort Riley.

The cafe features 10 computers, all of which have free Internet access, a comfortable waiting area within the computer room, a video arcade room, pool table, foosball table, CD jukebox, state-of-the-art dart board, as well as vending machines and a cooking area.

"When I talk about an Internet Cafe, what I'm really talking about is a 21st century dayroom, and I think when you see it you'll see that we reached that level of quality," said Col. Marc Hildenbrand, commander, 937th Eng. Group.

The facility also has a dining area where soldiers can eat their food and socialize with each other.

The cafe's hours of operation are: Monday - Thursday, 11:30 a.m. - 1 p.m.; Friday, 5 p.m. - midnight and weekends and holidays, 11 a.m. - midnight.



Post/Biles

Command Sgt. Maj. Richard Hearron, 24th Infantry Division and Fort Riley, Command Sgt. Maj. Roland Holland, 937th Engineer Group, Col. Marc Hildenbrand, commander, 937th Eng. Grp. and Col. (P) Frank Helmick, assistant division commander, 24th Infantry Division and Fort Riley, take part in cutting the ribbon to mark the group's Grand Opening of the Internet Cafe.

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Briefs

Office Closures

The Directorate of Information Management will be closed today, 11:30 a.m. - 4:30 p.m. for an employee organizational event. For emergencies, call 761-8067.

Detachment E, 4th Finance Battalion will be closed Jan. 22 - 24, 2003, for a field training exercise. PACs are encouraged to bring paperwork from 8 - 11 a.m. Jan. 23 to the detachment's location, training area 18, in the vicinity of grid PJ 873234. For emergencies, please utilize Detachment D, which is located in building 210.

The Vehicle Registration Office will be closed Wednesday, 11:30 a.m. - 1 p.m., for a PMO Holiday luncheon.

The 24-hour shopette will be closed Wednesday, 6-9 p.m., for Popeye's will close at 6 p.m., for an employee appreciation day.

Birthday Party

A Jesus' Birthday Party will be tomorrow, 3 - 4:30 p.m. at Jefferson Elementary School. For information, call Robin Ann Tobin, 717-1565, Main Post Chapel; Tonya Wise, 717-2871, Gospel Service; Karla Moody, 784-4608, Contemporary Service; Kathy Wood, 784-4226, Kapaun Chapel or Anna Sherman, 784-4266, St. Mary's Chapel. Please bring optional gifts for Operation Christmas Child. Children must be accompanied by an adult.

Renovations

Fort Riley is planning to renovate building 228, which is located within the Main Post Historic District. The Main Post Historic District is listed on the National Register of Historic Places. For more information about this project, please contact Fort Riley's Historic Architect by calling 239-0443 or by sending an e-mail to rborhani@dynamac.com

Thrift Shop

The holidays are here and the Thrift Shop is a great place to buy special gifts for your family and friends at a reasonable price! The Thrift Shop has a wide selection of clothing, crafts, electronics, furniture, sporting goods and more. The Thrift Shop is located in building 267, Stuart Ave.

The Thrift Shop will be open tomorrow, 10 a.m. - 2 p.m., for your shopping convenience. Both Civilian and Military welcome.

The Shoppe

The Shoppe has many holiday items, so remember The Shoppe when decorating for this season.

The Shoppe will be open on Monday and is located in building 259, Stuart Ave.

Call 785-239-2783, for more information.

Support Group

The Pregnancy Loss and Infant Death Support Group meets monthly, every third Thursday, 6 p.m., at Kapaun Chapel. The next

meeting will be held Dec. 19, 6 p.m. Parents who have experienced miscarriage and infant death are invited to come. Call Chaplain Mike Wood, 239-7872, for more information.

Operation Santa Claus

Santa's elves are gearing up for the Christmas holiday with Operation Santa Claus. It will be in operation through Jan. 15, 2003. Santa's workshop is located in building 222 on Main Post. Soldiers, family members, civilian employees and organizations from Fort Riley and surrounding communities may make donations of toys and supplies, as well as cash contributions. Volunteers are needed to wrap gifts. To help, call 239-6944/6945.

Holiday Lighting Guidance

When planning your outdoor holiday decorations, please comply with Fort Riley Regulation 11-1, which states that outdoor decorations will be predominantly non-electric. Holiday lighting should be arranged with energy conservation in mind and hours of operation should be limited to 5 - 10 p.m. Holiday lighting will be displayed no later than Jan. 1, 2003.

Men's Bible Study

Join the Faithful Men's Bible Study as they discuss "Spiritual Leadership Principles" on Thursdays, 5:30 - 6:30 a.m., at Kapaun Chapel. For more information

contact Don Ericson, director of religious education, 239-9313.

Red Cross Needs Volunteers

The Fort Riley Chapter of the American Red Cross needs new volunteers for Fort Riley. If you are interested, there are many areas open, both at Irwin Army Community Hospital and elsewhere. Reimbursement for childcare is available. Training is now done one-on-one in the Red Cross office at the Soldier and Family Support Center. Call Debbi Freeman or Kelly Sutton, 239-1887, for more information.

Holiday Boughs

Units, housing occupants and activities desiring cedar and pine boughs to decorate the interior and exterior of their buildings can pick up this material at the Public Works parking lot on Dickman Ave., across from building 364, Main Post, on a first come, first serve basis, until Dec. 24. Extreme care should be taken in using these to avoid fire hazards. Frequent misting or sprinkling of boughs with water is recommended to retard their drying out. All units, housing occupants, and activities are reminded that cutting pine and cedar trees or branches anywhere on the installation is strictly prohibited. Call 239-3908 for more information.

Standards of Conduct

Only duly appointed contract-

Mail training

ing officers can obligate the government contractually. Failure to comply with this requirement will result in an "unauthorized commitment" - an agreement that is not binding solely because the government representative who made it lacked the authority to enter into that agreement on behalf of the Government.

Unauthorized commitments must be investigated and the perpetrators are subject to adverse actions. Ordering officers may, by virtue of their written appointment, obligate the Government up to their designated approval limits.

Also, government purchase cardholders may obligate the government when funds are certified by an approved funds certifier, so long as they remain within designated single purchase and monthly purchase limits. For additional information, contact the Directorate of Contracting at 239-0468.

Unit Mailroom Service Training will be conducted Jan. 3, 8 and 22, 8 a.m. - 4:30 p.m., building 319, CPAC. Official Mail Training will be conducted on Jan. 10 and Feb. 7, 8 a.m. - 4:30 p.m., building 319, CPAC. Pre-enrollment is required. Call 239-5411 to enroll.

Cheerleading Classes

Child and Youth Services is planning to have Cheerleading Classes from January - May 2003, for boys and girls who are currently enrolled in grades 4-8. Cost will be \$20 per month. The classes will be divided into elementary and middle school groups. Classes will begin in January, and will meet during the week after 5 p.m., with the exact time and location for practices to be determined. There may be additional costs involved for uniforms. The

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Gary Hardy Dodge/KPA/Post

AKO continued from page 1

ommendation by the military services at an October 2001 PERSTEMPO meeting of the Office of the Secretary of Defense instructed that the posting of PERSTEMPO data on the LES be suspended.

Following recommendations from a number of senior Army leaders earlier this year, PERSCOM and AKO staffs proposed posting the relevant PERSTEMPO information on AKO in a format similar to that recently implemented for individual soldier dental readiness information, McCaslin said. This information will be available to soldiers in the Personnel community of the AKO web site, under the "My Personnel" channel.

"Using AKO in this way leverages technology to the Army's advantage," McCaslin said. "Unlike the once-per-month LES remark, deployment data posted to AKO is updated throughout the month. This allows soldiers easy access to their individual PERSTEMPO counters anytime/anywhere. In addition, soldiers can keep up to date with the PER-

STEMPO program through a Frequently Asked Questions link in AKO.

"We're really excited about working with PERSCOM (specialists) because they understand how we can get something to soldiers today at little or almost no cost," said Maj. C.J. Wallington, an AKO team leader with NETCOM's Chief Technology Office,

Fort Belvoir, Va.

"This is one more example of how we can help soldiers take care of themselves simply by making information available to them," Wallington stated.

"This gives soldiers one less thing to be concerned about, so they can concentrate on the mission," said Sgt. Maj. Freddie L. Davis, Jr., CIO/G-6 visual infor-

mation sergeant major. "It is easy to tell soldiers you care. But they are more comforted when they see evidence, such as this, that supports what they are doing. Seeing this information via AKO reassures soldiers that what they are doing counts and it is important."

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PARAMOUNT-ARMED FORCES

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More Briefs

instructor for this class is a military spouse who was a former member of the Kansas State University Kats dance team and cheered in high school in the Kansas City area. Contact the Central Registration office at 239-4847 to put your name on the waiting list. At least ten students must indicate interest by Dec. 20 for this activity to be programmed.

Piano Lessons

Private piano lessons are being planned for students ages 6 and up beginning January 2003. Classes will be scheduled for Tuesday and Thursday evenings 4:30 p.m. - 7 p.m. every half hour and Saturdays between 11 a.m. and 2 p.m. The cost will be \$40 per month and there will be additional costs for books and materials. There will be slots for fourteen students and a waiting list already exists. Once the current waiting list has been cleared, any open slots will be filled on a "first come, first served basis."

For more information, call Central Registration, 239-4847.

March planned

The Division Equal Opportunity Office will sponsor a commemoration march in honor of the late Martin Luther King Jr. on Jan. 15, at Morris Hill Chapel from 11:30 a.m.-1 p.m. The theme for this year is "Remember! Celebrate! Act! A Day On, Not A Day Off!" The program is open to all soldiers, their families, civilian employees and the surrounding communities. For more information please contact Fort Riley EO Office at 239-2928.

Christmas Dinner

A free Christmas dinner will be served on Christmas day, 11:30 a.m. - 1:30 p.m., at the Junction City Municipal building on Jefferson St. A Christmas gift will be given to all who come. If possible, please call 762-4402 to register. All are welcome.

Letters to the Editor

Do you have something you would like to say? A letter to the editor may be the forum you are looking for to get your ideas out into the open. The Fort Riley Post welcomes your input. Email any letters, 600 words or less, to afznpom@riley.army.mil. All letters are subject to editing for style. Please include your name, unit and phone number in case we have any questions.

Special Forces

A Special Forces recruiter will be visiting Fort Riley Jan. 6-10. Briefings will be held at the Post-Reup, building 7626, at 10 a.m. and 1:30 p.m. daily. An additional briefing will be held at 6 p.m. in Tuesday and Thursday of that week. The PT test will be conducted at Long track Wednesday, Thursday and Friday, 7 a.m., that week as well. Candidates will wear BDUs and running shoes for the PT test.

For more information, call

(719) 510-4493.

Teen Night

A Teen Night at Eyster Indoor Pool, building 6940, Custer Hill, is scheduled for Dec. 13, 8 - 10 p.m. There will be food, refreshments, prizes and music for middle and high school students. Admission will be \$1. For more information, call 239-9441

Commissary News

The Commissary will be open Dec. 23, with early bird shopping 7 - 9 a.m. and regular shopping 9 a.m. - 8 p.m. The Commissary will close early on Christmas Eve.

Winter Luau

A Winter Luau will be held at Eyster Indoor Pool, building 6940, Custer Hill, Jan. 24, 2003, 8 - 10 p.m. There will be Hawaiian drinks, snacks, music and lots of games and prizes.

Admission will be \$1. For

more information, call 239-9441

Ducks Unlimited

Fort Riley's Ducks Unlimited Chapter has been approved! The mission of Ducks Unlimited is to help conserve, restore and man-

ages wetlands and associated habitats for North American waterfowl. These habitats also benefit other wildlife and people.

For more information on Ducks Unlimited, visit the website, www.ducks.org.

Grunt

By Wayne Uhden



Cold snap reminder protects soldiers when training

By Jim Caldwell

Army News Service

The cold spell that hit several southern states Dec. 4-5 raised concerns for the welfare of soldiers in training.

"I don't think our training base has seen weather like this for some time," said Col. Bernard DeKoning, surgeon for the Army's Training and Doctrine Command. "We're looking at an unseasonably cold winter following an unseasonably hot summer."

Cold injuries can hospitalize soldiers, but the good news is that they're rarely fatal. The exception is hypothermia, when the core body temperature drops below 95 degrees Fahrenheit, or 35 degrees Centigrade.

Another life threatening condition during winter is carbon monoxide poisoning, caused by faulty heaters in "heat tents" or confined spaces.

"We still have the potential for serious injury from carbon monoxide poisoning if the right kind of stove isn't used," said Dave Prentice, TRADOC Safety Office. "The stove used in the heat tent or other indoor areas must be an Army-approved, vented stove."

"Unless you're dealing with hypothermia or carbon monoxide poisoning, when you drag someone out of the water, cold injuries rarely result in fatalities," DeKoning said.

A heat tent is one of the precautions taken when soldiers are training outdoors. One approach is to allow soldiers to warm in a "heat tent." Ironically, some winter injuries occur in the heat tents.

Winter weather actually offers significant advantages over hot summer temperatures, Prentice said. But he added that soldiers still must maintain their fluid and food consumption, along with approved winter clothing.

"In winter, you can put on enough clothes to keep you warm," Prentice said. "In summer you have the heat risk factor, no matter how few clothes you wear."

Safety approaches in cold weather do not necessarily mean that cold is the reverse of heat, DeKoning said. However, some approaches are opposite of how they are done in the summer.

In winter, the more active soldiers are, the longer they can operate outdoors without suffering injuries. In summer heat trainees can only perform heavy tasks for a prescribed amount of time so they're not affected by high heat.

"Soldiers performing sedentary training or duty in cold weather are at risk of becoming a cold casualty, even during times where the temperature is above freezing and it may be deceptively warm," DeKoning said.

"Soldiers on guard duty who

stand for long periods, or people who check IDs at the gates are at most risk," he said.

Training commanders and cadre must apply risk management to selecting the best training approach to protect trainees from winter elements, the doctor said. To help them, DeKoning and the Army Medical Command have added Cold Casualty Risk Management Guidelines on a website at <http://chpmpm.apgea.army.mil/coldinjury>.

"Soldiers in TRADOC have an advantage over troops in the field," Prentice said. "For example, during operations in Afghanistan soldiers had to operate in a winter environment without heat tents and operations cannot be stopped to allow soldiers to warm up."

"In TRADOC, though, there is no excuse for unnecessarily exposing soldiers to weather-related injuries," Prentice said.

U.S. servicemembers support Bosnian mission

Army News Service

EAGLE BASE, Bosnia — U.S. soldiers and international military forces serving in the Balkans concluded a five-day exercise last week designed to demonstrate an ability to reinforce peacekeeping contingents throughout Bosnia and Herzegovina.

British Operational Reserve Forces of the 1st Battalion, Staffordshire Regiment (Prince of Wales), serving in Kosovo, deployed to Bosnia and trained with Stabilization Force, or SFOR troops, as part of Exercise Joint Resolve XXVII.

This quarterly exercise involves the rapid deployment of a tactical reserve to respond to potential threats affecting the safe and secure environment in Bosnia. Despite a restructuring in the composition of peacekeeping forces, SFOR still maintains a robust ability to respond to military contingencies in the community, officials said.

A quick reaction force, aviation assets, and a tactical reserve of infantry and Italian Carabinieri (paramilitary police) companies provide theater commanders with strength and mobility when and where needed, SFOR officials

said.

The American-led Multinational Division (North) area of operations was reinforced by the British ORF, in addition to French peacekeeping forces from Multinational Division (Southeast), and MND (Southwest).

The exercise tested the mobility and deployability of soldiers, officials said, and familiarized patrols with different area of operations, commonly referred to as opstinas.

"Joint Resolve is a very ambitious military exercise that enhances our ability to rapidly respond across boundaries," said Brig. Gen. John T. von Trott, MND (North) and host commander. "The cooperative efforts of all the multinational elements paid off and ultimately benefits all of the people of Bosnia and Herzegovina."

Working side-by-side, joint patrols made their way throughout MND (North), manning checkpoints, inspecting weapons storage sites, and promoting the turn-in of illegal weapons by civilians.

Exercise Joint Resolve concluded with a joint military capabilities exercise at Camp McGovern. The Carabinieri S.W.A.T. team conducted a fast rope exer-

cise from U.S. UH-60 Black Hawks of Task Force Talon stationed at Eagle Base. Once on the ground, they were joined by members of the 104th Cavalry to subdue a large and unruly crowd of role-playing civilians. Meanwhile, the ORF and MNDs conducted joint patrols with U.S. Task Forces Saber (104th Cavalry) and Blue Steel (109th Infantry) near Lukavac and Srebrenica.

A company and battle group headquarters of the British Kosovo Force, or KFOR soldiers, under the command of Lt. Col. Barney Haugh, arrived at Eagle Base on Nov. 30. The Staffords are part of the United Kingdom Battle Group operating in Pristina.

The soldiers currently in the Balkans are on the 12th Stabilization Force mission. Early next year, approximately 1,500 Reserve and National Guard soldiers from 18 states, including Kansas, Nebraska, Oklahoma and Missouri, will depart from Fort Riley for their deployment to the Balkans as part of Stabilization Force 13.

U.S. soldiers have participated in SFOR since 1995 to provide a safe and secure environment for the people of Bosnia-Herzegovina.

Editor's note: Information provided by the Task Force Eagle and Fort Riley Public Affairs Offices.

CENTRAL MICHIGAN UNIVERSITY
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Black only
central_michigan.doc

LEES WESTERN WEAR
2 x 2"
Black Only
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BERNINA SHOPPE
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Korea 50 years ago -- Eisenhower visits

By Jim Caldwell
Army News Service

President-elect Dwight Eisenhower visited the troops in Korea 50 years ago this week.

Dec. 5-11, 1952 — Eisenhower holds a news conference in Seoul Dec. 5, revealing that he has been in South Korea since Dec. 2. He leaves Korea soon after the conference and people in the United States first learn of the trip when Eisenhower is on the way home.

He tells reporters that it is "difficult ... to work out a plan that would bring a positive and definite victory without possibly running a grave risk of enlarging the war."

"I am far from a defeatist on this business, because I passionately believe that freedom represents a course of life that men prefer to communism and slavery."

The purpose of his trip to Korea was to get "a look at the situation and a better understanding of many factors that will be important ... during the months to come."

He praised South Korean citizens and soldiers for their resilience and ability to endure the war. He said South Korea should get more foreign aid "from the outside for a long time."

Eisenhower's trip to Korea is a disappointment to Gen. Mark Clark, U.N. supreme commander. He wanted to get the president's blessing for a new offensive against the Reds that he and his combat commanders had devised. Clark thinks it will bring the enemy to agree to a truce.

He has been trying to earn support for the proposal since October. One aspect of the plan would require the addition of three more U.S. or allied divisions, two Nationalist Chinese divisions and two ROK divisions. In addition, more artillery and antiaircraft batteries to support those forces are needed.

When Clark talks with Eisenhower, he isn't given the opportunity to even mention the plan. Then when he hears the president's remarks on Nov. 5, he realizes that the new administration will continue the same war policies adopted by President Harry S. Truman.

Eisenhower began his trip when he left Mitchell Field in New York Nov. 29 in an Air Force

Constellation. A pool of reporters representing major news, photo and broadcasting outlets are on an accompanying aircraft. After stops at Midway and two times, they arrive at an airfield outside of Seoul near 8 p.m. Dec. 2. Eisenhower is greeted by Clark and Gen. James Van Fleet, Eighth Army commander.

Eisenhower visits American marines and soldiers, ROK outfits and the British Commonwealth Division. In I Corps, he inspects troops from 15 U.N. countries.

For most of Dec. 5, he talks to military commanders and other officials. One of them is Maj. Gen. William C. Chase, chief of the military advisory group on Formosa. It is rumored that Chase gives Eisenhower a message from Chiang Kai-shek, who offered to send Nationalist troops to fight in Korea.

Eisenhower never goes to the front, but comes within artillery range of enemy lines. Late at night on Dec. 5, U.S. fighters intercept 11 enemy planes heading toward Seoul. An Air Force spokesman says it is "the largest enemy night air attack of the Korean War." Eisenhower's party is over the Pacific Ocean when the action takes place. It is the only action that could be considered an enemy attempt to kill the president-elect.

There is no ground action the first five days of the week. However, Air Force B-29s bomb a communications center in northwestern Korea near Manchuria.

On Dec. 6 the Air Force reports downing four communist fighter planes over the past seven days against one F-86 loss. Four other U.N. planes were lost to other causes. For the entire war, aircraft losses are 838 for the Allies and 669 for the enemy, which includes 512 MiG-15s.

The Eighth Army announces Dec. 6 that combat in November cost the communists 15,000 soldiers killed, wounded and captured.

On Dec. 7, Sabrejet pilots shoot down seven MiGs in dog-fights over North Korea. It's the second highest one-day total of

kills of the war.

Superfortresses hit supply areas, barracks, the Kyomipo steel mill and the Samdongni ore plant near Pyongyang Dec. 5.

The situation has been calm for the first 10 days of December for the ROK 1st Infantry Division in I Corps. Its troops hold the hill complex called Nori on the west bank of the Imjin River above the first horseshoe turn in the river.

The 15th Infantry Regiment has positions on Big Nori, the western half of the ridge and Little Nori on the opposite half. It also has outposts on Hill Betty, about three quarters of a mile south of Little Nori and Hill 105 about a mile southwest of Little Nori. The Chinese have outposts on hills north and west of Nori, but have been inactive so far in December.

On Dec. 11, 800 rounds of Chinese artillery and mortars hit outposts on Little Nori and Hill 105. Two enemy battalions attack Little Nori, Hill 105 and Hill Betty, with main attack against Little Nori.

For three hours the South Koreans on Little Nori hold off the Chinese, and then they're ordered to pull back to Hill 69, 300 yards to the east. When they regroup on Hill 68, the 15th Infantry Regiment sends two platoons to regain their old positions. As the attackers near Little Nori, they come under a lethal hail of grenades, small arms fire and artillery and mortars. Slowed, with significant losses, the assault force is unable to achieve the objective.

Meanwhile, the troops on Hill Betty hold. Those on Hill 105 are forced to retreat. The Chinese only occupy Hill 105. After they're gone ROK troops reoccupy it.

Later in the morning of Dec. 11, the 11th IR relieves the 15th. An 11th IR force reoccupies Little Nori without a fight.

But that night the Chinese send two companies to take back Little Nori. When they can't do it, the enemy increases the attacking force to battalion size.

The ROK soldiers are ordered to fall back to Hill 69 again. Dur-

ing the night on Dec. 11 six B-26's drop more than 100 260-pound fragmentary bombs on the Chinese. Then the enemy undergoes a bombardment from 12 artillery battalions.

Despite the awful punishment, the Reds hang on.

Dec. 5, 1952 — Retired General of the Army Douglas MacArthur says in a radio broadcast from New York that he has "a clear and definite solution to the Korean conflict" that will not result in an "unduly heavy price to friendly casualties [nor] any increased danger of provoking universal conflict." He says he can't provide details because the plan requires "basic decisions ... improper for public disclosure or discussion."

Dec. 9-11 — A DoD spokesman says Dec. 9 that if Gen. MacArthur has an answer to settling the war, then he should present it to the administration still charged with executing the war. He says MacArthur was wrong for "making a speech about it."

Truman returns to Washington by train from Independence, Mo., where he attended the funeral of his mother-in-law. He said, through a statement issued to the news media, "I think that if anyone has a reasonable plan for ending the Korean fighting in an honorable way, in a way that will not lead directly into a great war, that plan should be presented at once to the president. If we can cut this fighting in Korea short by one day we should do so."

The president makes similar statements at a White House news conference on Dec. 11. He says he didn't think any useful purpose would be served by calling MacArthur or Eisenhower to participate in a conference on Korea. Truman also says he can see no benefit from Eisenhower's trip to Korea, but he had to make it because he said he would during the campaign.

Dec. 10 — A Defense Department spokesman reports that the weekly Korean War casualty list as of Dec. 5 stands at 127,685, including 22,409 dead.

Fort Riley continues to be a Korean War Commemorative Community through 2003.

Operation Santa Claus receives toys from soldiers

Soldiers from 541st Maintenance Battalion, Pacesetters, wore smiles on their faces Dec. 5 as they filled containers with toys in support of Operation Santa Claus. Pacesetter Battalion Commander, Lt. Col. Xavier Lobeto, only days earlier asked for voluntary donations of one toy per soldier within the battalion to be donated to help the cause. The soldiers responded by voluntarily donating over 870 toys, even though the battalion boasts just over 500 soldiers.

"It is times like this that we reinforce the fact that we, as soldiers, are part of a larger community and can make a positive impact," said 1st Lt. J.C. Christenson, battalion adjutant.

Donations varied in size and type in the overflowing containers. Action figures, toy cars, CD players and even Torpedo sleds were voluntarily donated.

"Although I won't get to see the smile my donation will put on a child's face, it pleases me to know that there will be a smile that may not have otherwise been there," said Spec. Crystal Huey, Headquarters and Headquarters Detachment, 541st Maintenance Battalion.



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Army scouting talent for 2003 Soldier Show

By Harriet Rice
Army News Service

When Spc. Joey Beebe auditioned for the 2001 U.S. Army Soldier Show, he was excited. When he was selected for the cast, the operating room technician never imagined it would lead to a two-year tour of duty.

But it did, and now his mission is to recruit new cast members for the 2003 show.

"We're looking for performers and technicians," said Beebe, who serves as assistant to the show's artistic director, Victor Hurtado.

Audition packages are due by Dec. 31, Beebe said, and need to be mailed to the Soldier Show Selection Committee at Fort Belvoir, Va.

Auditions are not just for singers, Hurtado emphasized.

"I am looking for strong dancers, and I would also like instrumentalists to audition," Beebe said. "I don't know what [talent] is out there, unless it comes to my attention."

While the show's primary focus is musical and vocal, all types of talent are welcome and will be considered, he said.

Auditions are open to all soldiers on active duty through

December 2003. Reserve-component soldiers may audition; however, if they are selected, they must be activated for the six months' duration of the tour, which runs from April through October.

To be considered, soldier-performers must submit an audition package that consists of, among other items, a videotaped performance showing their talent, an entertainment resume, a commander's letter of release, their latest evaluation report, and a copy of their most recent Army Physical Fitness Test.

"On the technical side, we not only need lighting engineers and sound engineers, but we are also in need of good leaders with theatrical backgrounds to serve as stage

managers and people with experience in construction or electrical work as set builders," said Hurtado.

Soldiers looking for a technical job with the 2003 Soldier Show

must also submit a package that contain the same administrative documents in addition to a technical resume and a portfolio with references. The same goes for drivers needed for the 44-passenger bus and the 18-wheel tractor trailer that move 20 tons of staging, costumes, lighting and audio equipment.

"Being a part of the Soldier Show is a life-changing experience," said Hurtado, who spent six years of his military career as a performer and technician with the show in the 1990s. "You become part of a rich historical

tradition of 'entertainment by the soldier, for the soldier' that began with songwriter Irving Berlin during World War I. You also grow and learn leadership, performance skills, and teamwork."

In January, Hurtado and Beebe, along with Army Entertainment Detachment military staff, will screen the audition packages. A selection committee of civilians and military staff will review the audition tapes, military documents and records, scoring applicants on talent, poise, appearance and stage presence.

A group of up to 30 finalists will be selected to audition in person at the finals in late spring.

"Finalists come in for a week to rehearse," said Beebe. "But we also have them set up and take down the 15 tons of staging - that's the unglamorous offstage part of the job, and we need to find out if the soldiers can handle it."

The U.S. Army Soldier Show is one of more than 200 Morale, Welfare and Recreation programs the Army provides soldiers and families worldwide through the U.S. Army Community and Family Support Center in Alexandria, Va. For additional information, contact victor.hurtado@cfsc.army.mil.



Post Reader

Sgt. Albert Latuch of the 125th Forward Support Battalion, 596th Signal Company, Fort Riley, performs in the 2002 show.

How to Audition

Auditions are open to all soldiers on active duty through December 2003 and who can meet all active-duty requirements. Reserve-component soldiers may also audition. If selected, they must be activated for duration of the tour.

Performers must submit:

1/2" VHS Demo Tape
Records Brief
Commander's Letter of Release
Entertainment resume
DA Photo, 3/4 Length
Latest OER/NCOER
Copy of most recent Army Physical Fitness Test

Technicians (lighting, audio, video, set design, stage management) must submit:

Portfolio/References
Records Brief
Commander's Letter of Release
Technical Resume
PA Photo, 3/4 Length
Latest OER/NCOER
Copy of most recent Army Physical Fitness Test
Drivers (bus, 18-wheel, van) must submit:
References, copies of licenses, ratings
Records Brief
Commander's Letter of Release
DA Photo, 3/4 Length
Latest OER/NCOER

Send package to:

U.S. Army Soldier Show
ATTN: 2003 Selection Committee
P.O. Box 439
Fort Belvoir, VA 22060

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POST DIRECTORY



Winter driving creates many hazards, some can be avoided

By Chris Otto
DES Education, Awareness

Colder weather is here, and Fort Riley soon will turn into a winter wonderland. Snowflakes, sledding, snowmen and snowball fights can be wonderful, but driving on snow and ice usually is not.

With privately owned vehicle accidents being the number one killer of soldiers, and with an increase in POV accidents during the winter months, here are several safety tips that can help you and your vehicle survive the winter without mishaps.

Before Jack Frost starts nipping at the roads, make sure you are not driving toward danger. Have your vehicle thoroughly inspected by a mechanic. Change

the oil every three months or 3,000 miles. In extremely cold weather, use winter-grade oil, such as 5w-30. Keep your vehicle gas tank at least half full to prevent the fuel line from freezing and ensure there is enough gas if you are stranded. Make sure the tires have adequate tread. All-weather radials are usually sufficient for most winter road conditions. Maintain tires at the manufacturer's recommended air pressure. Keeping your vehicle in good condition decreases the chance of being stranded in cold weather.

During or after a winter storm, the safest way to avoid vehicle accidents is to stay off the roads. If driving is necessary, leave plenty of time to arrive safely at your destination. A 30-minute trip may take an hour, or longer, in winter

weather. Clear the windshield and other windows of all ice and snow before starting the vehicle. Give your vehicle enough time to warm up, and make sure all windows are defrosted before driving.

On the road, be aware of other drivers at all times. Leave plenty of distance for stopping. Even if your vehicle is engineered for adverse driving conditions, you still may have trouble coming to a complete stop in snow, sleet or rain.

Do not get stuck in a winter storm without a winter safety kit, it could help you out of a slippery situation. The kit should include a blanket, a small shovel to dig out snow, a container of sand or kitty litter to improve traction, a flashlight, first-aid kit, jumper cables, ice scraper, a brightly colored cloth to signal help and a tow

strap. A cell phone or a citizen's band radio will allow you to call for help if necessary.

While winter can be more dangerous for driving, some safety rules apply to all seasons.

Alcohol slows a driver's reaction time, which can be even more deadly while driving on dangerous winter roads. Never drink and drive. Avoid driving when drowsy. Driving drowsy can be as dangerous as driving drunk.

All passengers should wear seat belts. Buckling up is not only a good safety practice, wearing a seatbelt is required by Kansas Law and Fort Riley Regulation.

For more safety information, visit the Directorate of Environment and Safety web site at www.riley.army.mil/services/fort/safety.asp or call DES Safety Division, 239-2514.



Post/Bulman

Army Staff Sgt. (Ret.) James Smith, of Junction City, checks the air pressure in his tires at the Automotive Skills Center in preparation for winter driving. He also checked his antifreeze, cables and looked for oil leaks.

Construction completed on new Sports Complex

By Jamie Bender
Staff writer

Construction on the Rally Point Sports Field Complex located next to Rally Point was completed Dec. 5.

The complex consists of a combination football/soccer field and includes a basketball court, and a sand volleyball court that is scheduled to be constructed next spring, said Capt. John Morrow, commander, 568th Engineer Company (Combat Support Equipment). The complex will be used for intramural sports.

The Department of Public Works will plant grass seed and install an underground sprinkler

system and lights for the field in late spring or early summer of 2003, Morrow said.

The Directorate of Community Activities requested troop construction from the 937th Engineer Group to build the project, said Capt. Barbara Mancari, construction officer, 937th Eng. Grp. "If the DCA has a project they want to use troop construction to build, they notify Public Works, who then notifies the 937th Engineer Group."

"Annually, the 937th and Public Works meet with the Chief of Staff and the Garrison Commander at a Troop Construction Review Board to discuss project priorities and approve projects for

troop construction," she added.

By using troop construction, the cost of the Sports Field Complex project was drastically lower than if a contracted construction company was used. "Fort Riley saved anywhere from \$75,000 to \$100,000," said Morrow.

"Funds can be used for other projects, making a win/win situation for the Fort Riley community."

The 937th Eng. Grp. used the construction as a training opportu-

nity, Mancari said. "The project was designed by soldiers in the 937th S-3 Construction Shop and was built by the 568th CSE Company."

The project was also a great opportunity for the company to receive some outstanding training for surveyors and more than 50 equipment operators, while also providing an outstanding and morale building sports field for the Fort Riley community, said Morrow.

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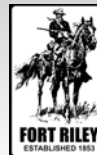
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6:30 a.m. In Step
8 a.m. In Step
Noon In Step
6 p.m. In Step
10 p.m. In Step

Fort Riley Community



December 13, 2002

America's Warfighting Center

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Santa attends annual holiday tree lighting

By Jamie Bender
Staff writer

Fort Riley kicked off the holiday season with the Holiday Tree Lighting Ceremony held Dec. 6, at Ware Parade Field. The ceremony began with a welcome and an invocation by Chap. (Col.) Dan Paul, installation chaplain. Children were



Children had the best seats in the house for the Holiday Tree Lighting Ceremony.

invited to sit on blankets at the front of the field.

Random Acts of Kindness Awards were presented at the ceremony to various members of the Fort Riley and surrounding communities.

Col. Frank Helmick, acting commander, 24th Infantry Division and Fort Riley said, "Today we begin the holiday season, a joyous time and a time to celebrate."

He added that everyone needs to remember all of the soldiers who are deployed, beginning with the CG (commanding general) down to the rank of private, who are out there on the frontiers of freedom and who will not be able to have Christmas with their families.

"Please remember them in your thoughts and prayers as we go through this holiday season," he said.

Chris Sawyer, a Fort Riley Middle School student, assisted Helmick and Pam Metz in throwing the switch to light the tree. Metz is the wife of Maj. Gen. Thomas Metz, commanding general, 24th Inf. Div. and Fort Riley.

After the tree was lit, the Fort Riley Middle School's 8th grade bell choir, directed by M.L. Stahl, played several songs.

Spectators at the event joined in to sing Jingle Bells, Hark the Herald Angels Sing and Here Comes Santa Claus.

During the singing of Here Comes Santa Claus, the man in red himself arrived in a wagon pulled by horses of the Fort Riley Honor Guard.



Santa Claus makes an appearance to find out what Fort Riley children want for Christmas at the Holiday Tree Lighting Ceremony. The annual Random Acts of Kindness Awards were also presented at the ceremony.

Random Acts of Kindness program recognizes area residents

By Emily O'Connor
K-State Intern

Outstanding citizens from Fort Riley and surrounding communities were recognized recently at the Holiday Tree Lighting Ceremony and the Random Acts of Kindness ceremony in front of building 500.

Random Acts of Kindness is a program designed to recognize citizens of Fort Riley and area communities that go out of their way to assist others. The ceremony, which travels between the communities involved, was last held at Fort Riley in 1996.

Col. (P) Frank Helmick, acting commander, 24th Infantry Division (Mech) and Fort Riley, recognized the Fort Riley recipients.

The first Fort Riley award was presented to Dennis Bruzina, known to most at Buz. Bruzina retired from the Army at Fort Riley in 1983 as a lieutenant colonel. He is currently employed at Credit Union 1 on post, where he works as a member services officer and does public relations work.

Bruzina was recognized for doing several kind deeds for people. According to the presentation, Bruzina is never too busy to help and to be kind when someone needs him. He has assisted numerous

newcomers to Fort Riley by aiding them in finding accommodations and directing them to other sources that might provide them further assistance. Bruzina has also been known to take in stray dogs found near his rural residence. He tells his neighbors that if they ever need anything, to just call him.

The second Fort Riley award recipient was William "Bill" Brooks. Brooks and his wife Sharon have two children. He is retired from the Army and is now working as an education and awareness specialist for Dynamac Corporation at Fort Riley's Directorate of Environment and Safety.

Brooks says that the best part of his

job is being involved in promoting environmental programs and making positive things happen. He donates time, performs speeches and assists with events. He also entertains adults and children with anything from being a DJ to presenting puppet shows.

Brooks recently helped a young lady that sold her house and had to give possession to the new owners very quickly. She needed help to move and Brooks was there, and glad to help. Upon arriving at her new apartment, he found that it needed some cleaning, so he steam cleaned the carpets and painted the walls. He then helped her move in.

In addition to the Fort Riley honorees,

two people were also recognized from each local participating community, Junction City, Ogden and Manhattan.

Presenting Junction City's awards was Mayor David Bossemeyer.

Bossemeyer presented awards to Frank Estell and Daisy McIlavish for their compassionate and understanding acts of kindness.

Former Ogden Mayor, Wayne Henson, recognized Johanna Estes and Isabell Bazan, who worked together to care for their late elderly neighbor, Mrs. Light.

Manhattan City Commissioner Brad Everett handed awards out to Randy Crow and Tom Barth for their efforts in the Manhattan community.

Child care worker awarded after saving boy using CPR training

By Vicki Ohmact
Child Development Center Staff

A caregiver at the Child Development Center was recognized recently for saving a choking child from serious injury.

Lori Hinkley received the Certificate of Recognition for Extraordinary Personal Action from the American Red Cross in a ceremony in

Manhattan last month. Hinkley used her Cardiopulmonary Resuscitation training earlier this year when 2-year-old Justin Martis started coughing and choking on a small piece of pancake at breakfast.

"Justin turned blue in the face and I could tell he was trying to cough it up, but nothing came out," the 26-year-old said. "I positioned myself behind him and gave him two abdominal thrusts. The food came right up and Justin started breathing and crying."

Hinkley then called for help from a co-worker and Justin's parents were notified.

Hinkley said she was calm during the incident. "I immediately clicked back to what I had been taught in CPR training," she said. "I went through the procedures in my head and did what was necessary to help him. After it was over, my heart sped up, but I took a deep breath and realized everything was OK now."

Hinkley's actions reflect well on the Child Development Center, according to the director of the center, Nikki Crisman.

"This obviously reflects well on the quality of

care that our staff delivers to the children," Crisman said. "Very rarely does the staff have to use CPR skills in a real-life emergency situation. I am very impressed that Lori was able to stay calm and draw on her CPR training."

The American Red Cross conducts health and safety education classes to help individuals like Hinkley to prevent and respond to emergencies, said a local Red Cross official.

"We hope nobody has to use their skills, but when it comes time to, such as in Lori's situation, we are glad that we helped to save a life," said Jason Lantz, assistant director for the Flint Hills Chapter of the Red Cross. "I recommend everyone take a CPR and Standard First Aid class, especially those with children."

"You never know when it could happen to your child, and if you don't have the proper training, you might panic," Hinkley added. "The Red Cross classes are easy for anyone to follow and are worth a few hours of your time."

Hinkley is originally from Temple, Texas, and is married to Staff Sgt. Matt Hinkley, Company A, 1st Battalion, 41st Infantry. They have two children, Christopher, 7, and Hannah, 4. Hinkley has been working in Module 4 at the Fort Riley CDC since October 2001.

"Every day is a challenge, and I know I will never get bored," she said. "Toddlers are at an age where they learn new things every day, and that is amazing and rewarding to watch."

For more information on CPR classes, call the Red Cross, Flint Hills Chapter, 537-2180.



Lori Hinkley helps Justin Martis, 2, ride a tricycle at the Child Development Center.

Prairie Christmas celebration held

By William Biles
Staff Writer

The Historical and Archeological Society of Fort Riley held a Prairie Christmas Sunday that featured a guest speaker and a musician. The theme for the celebration was how Christmas was celebrated during the early to mid 1800s.

The speaker, Marla Matkin, gave a historical lesson to the audience while portraying Brevet Maj. Gen. George A. Custer's wife, Libby.

Matkin spoke about the customs of life on a frontier military post.

"One custom was called catching the weasel. That meant if a young man caught a lady napping, he was entitled to steal a kiss from her. If a lady caught the man napping, he was entitled to buy her a pair of fine gloves," said Matkin.

She educated the audience about the horsemanship of cavalry soldiers and how their wives were accomplished riders as well.

"Many of these women became excellent horsewomen. I had ridden very little before marrying the general, and after awhile I became an excellent horseman. All of the women rode sidesaddle. Proper women always rode side-saddle up until the 1920s," she said.

The soldiers and their wives

had to, in the event of being thrown from their mounts, confess to it and buy their comrades a basket of champagne. They would be honest about being thrown due to their Code of Honor, she said. They would then drink together. "It was all in good fun," she added.

Matkin told the group of on-lookers about the types of presents the frontiersmen gave and received.

"Children would get small toys and dolls. The women would receive a hand fan or a bottle of perfume. As for the man, he would receive a new shirt, and yes, the old favorite, a new tie," she said.

Jed Wymore, musician and private music teacher, entertained everyone at the event.

Wymore strummed several types of instruments throughout the celebration, to include the banjo, guitar and mandolin.

He played tunes from Custer's day, as well as other traditional melodies.

Some of the songs played were Oh Susanna, Camp Town Races, Yellow Rose of Texas and Holy Night, just to name a few.

Guests then mingled and talked about the history of Fort Riley and discussed the history lesson they had just received.

"I thought it was wonderful," said Jennifer Hathaway, board member, ways and means, HASFER.

She said, "It was nice to see the personal touch to it. It's not like reading it from a textbook. You're actually getting an idea, through a living person, of what someone went through and how they had celebrated Christmas on the frontier."



Jed Wymore, musician, plays songs from the 1800s on his banjo during the HASFR Prairie Christmas celebration.

Scholarship, loan season opens for 2003-2004 school year

By Courtney Brooks
Army News Service

College tuition cost was the highest priority identified by this year's Army Family Action Plan and a number of Army-affiliated organizations are now offering scholarships and loans to ease the financial burden of education.

Numerous financial aid programs exist, and applications are now being accepted as the 2003-2004 scholarship season gets underway. Most programs begin accepting applications during early November and set deadlines in February and March.

Army organizations offer everything from randomly selected scholarship winners to providing funds for children of parents killed on active duty. This year, money has even been set aside for students in families impacted by the Sept. 11 terrorist attacks.

The most effective way for prospective college students to begin their search is by calling their school liaison officers, who are located at all Army installations, said Sonia Wriglesworth, an education specialist with the Army Community and Family Support Center in Child and Youth Services Directorate.

School liaison officers provide valuable secondary school information, Wriglesworth said. Local officers supply students with the compact disc, "Starter Kit School Liaison Officer Scholarship," which includes listings of more than 100 available scholarships, Wriglesworth said. Also included on the CD are tips for winning scholarship, prioritizing, prepar-

ing, contacting schools to explore financial aid opportunities and application deadlines.

It is important to take the search beyond the CD, Wriglesworth added.

"Also, visit Web sites to locate private sector financial aid," Wriglesworth said. "Seek out guidance officers, school liaison centers and libraries."

She recommended American Legion's annually updated publication titled, Need a Lift, a 152-page financial aid reference guide for veterans, veterans' dependents and members of The American Legion. The manual is available for \$3.95 at the American Legion National Emblem, P.O. Box 1050, Indianapolis, Ind., 46206 or by calling 1-888-453-4466 for credit card orders.

Army-affiliated organizations offer a great deal of the available aid listed on the CD, in the manual and on various Web sites.

The Retired Officers Association is among the groups helping students fund a university education.

TROA's main program is the Interest-Free Loan and Grant Program. It offers interest-free loans renewable annually for up to five years of full-time undergraduate study, according to the TROA Web site. Assistance is available only to students who have not earned an undergraduate degree.

The program provides \$3,750 loans, and students selected as loan recipients and their sponsoring parent must sign a promissory note before funds can be disbursed. Loans are disbursed in two increments: one-half by early

August and one-half by mid-December.

TROA is also offering students the opportunity to win the TROA Base/Post and the American Patriot Scholarships. Applicants for the programs must be planning to attend an accredited college or university during the 2003-2004 school year as full-time students.

All loans, grants, and scholarships are for students seeking their first undergraduate degree. Eligibility for the scholarship stipulates the applicant must be under age 24, a child of a TROA member, children of active-duty, Reserve, National Guard, or retired enlisted military personnel.

The selection process for the Base/Post program is different this year, said Trey Linnemeier, program development officer TROA Scholarship Funds. The \$1,000 awards will be granted at random to 100 dependents of active-duty personnel worldwide.

"We used to look at academics and activities and that sort of thing, but now, this year, recipients are basically going to be randomly chosen," Linnemeier said. "We wanted to give everyone the chance, no matter what their academic standing was, because everyone can be a TROA member."

Linnemeier said TROA didn't want to disqualify students who had a harder time academically.

The American Patriot Scholarship, in its second year, was prompted by the Sept. 11 terrorist attacks, Linnemeier said. "It's basically for children whose military parent has died on active service."

Eligible applicants can apply and receive more information online at <http://www.troa.org/education>. Beginning Jan. 1, the site changes to <http://www.moa.org/education>.

Another place students might begin their search is by applying for funds at local commissaries.

The Defense Commissary Agency, partnered with the Fisher House Foundation, offer the Scholarships for Military Children Program. Scholarship, school and community activities, leadership qualities, and a short essay are required to enter the contest. Every commissary has applications, and all students are encouraged to apply for the \$1500 minimum award given out at each base.

"We encourage every eligible

student to enter the contest, to write that essay, to see if they can get the scholarship," said Kevin Robinson, Defense Commissary Agency Public Affairs officer.

While applying for all scholarship awards, students should keep a few things in mind, Wriglesworth said. "Apply only if you're eligible, complete the whole essay, be aware of and meet all deadlines, and make sure your application materials have a final review by somebody else, like an adult."

She said there are endless opportunities available for students in Army families who make an earnest effort.

"When you start looking, it's like a domino effect," Wriglesworth said. "You'll keep finding more and more."

Officials from various organizations repeatedly reiterated that they want to aid students in funding higher education institutions.

"We enjoy helping members of military and military children to get a degree," Linnemeier said. "With each year of rising costs of college, we want to help in whatever way we can."

Robinson agreed. "We recognize that it's a way of giving back to our patron base, military service members and their families," he said. "We recognize that they do a valuable service to our country."

Students may also look into other local opportunities available, like chapters of the Association of the United States Army and the Officers and Civilians Spouses Club.

Army eCYBERMISSION gets youth involved

Army News Service

The U.S. Army is addressing an issue impacting this nation's economic competitiveness and potentially our national security - American students' academic performance in science, math and technology. Deliberately reaching out to children of varying interests and aptitudes, the Army has developed a web-based science, math and technology experience featuring team-based, community-oriented projects and prizes, both regional and national.

Dubbed "eCYBERMISSION," the idea originated with the U.S. Army and was motivated both by a need to maintain strategic, long-term global technological and economic superiority along with a wish to give something back of real value to the families of our nation. Aimed at middle school students, the program features two web sites:

eCYBERMISSION.com functions as the organizational hub for

student "missions," guiding them in the selection and execution of science, mathematics and technology projects in the categories Sports & Recreation, Arts & Entertainment, and Health & Safety and the Environment.

MissionMax.com is a dynamic and engaging web site that combines learning with flat-out fun, intended to capture the interest of children and introduce them to the eCybermission project.

Since the launch, eCYBERMISSION has caught the attention of students, teachers and administrators across the nation. Already 840 teams have registered with strong representation from each of the four competition regions. Teachers and administrators are eager to supplement their

lesson plans and after school activities with eCYBERMISSION and students find it appealing to their unique interests. Asma Junco, Assistant Principal of Holmes Middle School and former beta test team advisor explains, "The positive influence runs the gamut of the classroom to our neighborhoods and our national communities."

Registration for eCYBERMISSION is open until Monday and submissions are not due until February 28, 2003. Visit <http://www.ecybermission.com> and register a team of 3-4 students and a team advisor to be eligible to compete.

For additional information on the competition, contact 1-866 GO CYBER or ecm_missioncontrol@ecybermission.com

BRIGGS SUPERCENTER
3 x 6.5"
Black Only
12/13du,pt Briggs supercenter

GEICO- ARMED FORCES COMM
3 x 10"
Black Only
Staying behind

WACKENHUT-AFC
2 x 3"
Black Only
Attn:MLit.ary/8305435 6305436

COTTONWOOD THEATERS
1 x 3"
Black Only
post: schedule

VARNEY'S BOOK STORE
2 x 6"
Black Only
varney's

MANHATTAN SHOE REPAIR
1 x 5"
Black Only
12/8,12du,12/11ex,12/13pt



Fort Riley Sports

December 13, 2002

America's Warfighting Center

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Soldiers pump iron

Diamond Gray, 24th Transportation Company, lifts her first bench press. Her top bench press weight lifted at the meet was 115 pounds. She placed third in the 165 and over weight class.

Post Bulletin

Competition tense during Fort Riley Powerlifting Meet

By Lori Bultman
Editor

Competition in the Fort Riley Powerlifting Meet was tense enough Dec. 6, but the fact that the 2002 Men's Commander's Cup could have been riding on it made it even more stressful for participants.

At the beginning of the meet the 924th Military Police Battalion team captain, Matthew Coulson, was optimistic.

"Hopefully we can take first place. If we do, we can take the Commander's Cup," said Coulson.

The winners of the competition were decided by adding the total pounds lifted together for the three events, squat, bench and dead lift. Trophies were awarded to 1st and 2nd place in most categories and to men's and women's teams overall.

In addition to the competition, several all post records were broken as well.

Jon Peace, Company C, 149th Infantry, Army National Guard, broke a

post record in the 220 lbs. weight class, with his bench press of 400 pounds. He also broke his weight class record for dead lifting with his 605-pound lift. The bench press record in the unlimited weight class was also broken. Robert Munier, 70th Engineer Battalion, pressed 460 in his first bench attempt, beating the 455-pound record set by John Roehr in 1983. He later pressed 480, raising the record weight even higher.

Along with the tense competition, the tournament was a chance for soldiers to support each other.

"This is a chance for a lot of camaraderie," Coulson said. "There are good people out here supporting each other."

There were many individual winners in the tournament. Participants were given three chances at each stage of the

competition. The highest successful weight was used for the competition.

In the women's competition, Brandi Burns, 568th Engineer Company, 541st Maintenance Battalion, came in 1st in the 123 lbs. weight class. Her top squat weight was 125, bench 90 and dead lift 170.

Jennifer Williams, 924th MP Bn., placed first in the 132 weight class with a squat weight of 185, bench 95 and dead lift 245. Second place in the 132 class was Amanda McArthur, 568th Eng. Co., 541st Maint. Bn., with a squat of 135, bench 80 and dead lift 220.

In the 148 class, Sara Mlynec, 977 MP Co., 924th MP Bn., squatted with 235, benched 135 and dead lifted 305, for 1st place. Second place went to Katherine Weber, 924th MP Bn., with a squat of 180, bench 115 and a dead lift

of 250.

In the 165 weight class, Angela Greene, 924th MP Bn., took 1st place. Her squat was 200, she benched 135 and dead lifted 225. Twila Khouri, 924th MP Bn., took 2nd with a squat of 155, bench 135 and dead lifting 255.

In the women's 165 and up weight class, Angela McBride, 924th MP Bn., took 1st place. Her points were: squat 155, bench 125 and dead lift 215. Second went to Crystal Silva, also 924th MP Bn., with a squat of 135, bench 140 and dead lift 210.

In the men's competition, Derek Drew, Company B, 4th Battalion, 1st Field Artillery, took first place in the 123-weight class. His squat was 185, bench 165 and dead lift 225.

See Powerlifting Page 14



Post Bulletin

Martin Ross, 541st Maintenance Battalion, squats with 185 lbs. during the Fort Riley Powerlifting Meet.



Post Bulletin

Powerlifting judge, Charles Ryan, signals to scorekeepers and lifters during the squat portion of the meet. Lifters had to receive one of two white signals for a lift to be considered good.

Fort Riley hunting, fishing regulations tougher than most, meant to protect

By Alan Hynck
DES Biologist

We are fortunate that Fort Riley has abundant hunting and fishing opportunities for military and civilians. However, there are several things you need to do before venturing out onto the post.

If you are new to the area and interested in hunting or fishing on post, the information here is a good start. For those of you who have been around for a long time, an occasional refresher is always a good idea.

Fort Riley Military Reservation, or portions of it, may be closed at anytime, without prior notice, due to military activities or impassable roads. The military mission has precedence over the announced hunting and fishing seasons. The following is a summary of the most commonly

asked questions regarding hunting and fishing on Fort Riley.

Open Areas: The areas open for recreation are updated each Monday and Thursday, but that can change on short notice. September through January and during the spring turkey seasons, usually late April to mid-May, the open areas are posted at each of the nine hunter check stations, on the 24 hour Hotline and on the Fort Riley Internet web site. At all other times, the open areas are posted on the Internet and on the 24-hour hotline. Open shotgun areas are available for shotgun hunting with four shot or smaller, fishing and other outdoor recreation. Open rifle hunting areas are open for the aforementioned activities plus rifle hunting. Open fuelwood areas are open for fuelwood cutting in areas prescribed by the Directorate of Environment

and Safety, Conservation Division. All individuals must have appropriate Fort Riley, state and federal permits and licenses.

Individuals holding appropriate Fort Riley, state and federal per-

mits and licenses may recreate in any "Open Area" on Fort Riley. But, use of a firearms south of Vinton School Road is restricted to Department of Defense identification card-holders and their guests.

Hunter Check Stations: Each person hunting game animals must register daily at a hunter check station. All others using the installation for recreation do not need to register. There are nine hunter check stations on the installation. If you are hunting,

register by stopping at one of the check stations before starting your hunt. At the check station, pick up a Daily Registration Form and fill out Part One of the form. Deposit Part One into the locked box at

the check station. Keep Part Two of the form with you, and when you finish hunting that day, deposit it into the locked box at one of the nine check stations. You do not need to return to the same check station at which you deposited Part One. Remember, each person must complete a separate Daily Registration Form each day.

Hunter Orange: Hunters must wear 200 square inches of blaze orange on their chest and back and a blaze orange cap while they

are hunting on Fort Riley. Exceptions to that are when hunting from a stationary blind for prairie chicken, squirrel, morning dove, teal and crows. All hunters and persons on foot in any area open to deer hunting during the Fort Riley deer seasons must wear 200 square inches of blaze orange.

Recreational Vehicle Marker: All vehicles being used for recreational activities on Fort Riley must display a Recreational Vehicle Marker. These may be picked up at the Outdoor Recreation Center, building 9011, or the Conservation Division office, building 1020. There is no charge for the vehicle marker. Vehicle drivers must sign a statement that they will report any suspicious activity to the Provost Marshal's Office. Recreational Vehicle Markers expire on Jan. 31 of each year. Vehicles without a DoD window

sticker must also possess a daily pass from one of the guarded checkpoints.

Firearms Registration: All firearms must be registered before being brought onto the installation. Soldiers stationed at Fort Riley must register them with their units' arms room. Others may register their firearms at the Provost Marshal's office building 221, 239-6767.

Hunting and Fishing Permits and Licenses: If you are hunting animals, fishing or gathering fuelwood on Fort Riley, you must have an appropriate installation permit and, depending on your age, you might also need a Kansas license. The permits required are described in the installation's hunting and fishing regulations and fuelwood cutting regulations. These regulations are available at

See Regulations Page 12





Cyan Magenta Yellow Black



K-State women win tournament

By William Biles
Staff Writer

The Kansas State women's basketball team won their second tournament title of the season when they beat Weber State 60 - 36 during the Commerce Bank

Wildcat Classic Saturday. K-State won the pre-season Women's National Invitational Tournament in mid-November. The Wildcats advanced to their eighth straight Classic title game after defeating Middle Tennessee State Dec. 6 by a score of 79 - 61. The Cats improved their record

to 8 - 1 with the victory over Weber State while Weber fell to 2 - 3 overall. The game was an all-around defensively played game.

"We felt it was critical that we answered their great defense with great defense on our end of the court," said Deb Patterson, head coach for the Wildcats. "We knew this was going to be a defensive battle. Weber is a team that is very effective in keeping the score down."

The Wildcats defense held Weber State shooters to 15 percent from the floor during the first half and to 23.1 percent throughout the game, only hitting 12 of 52 shots.

At one point during the first half, Weber State had an 11 - 10 lead, but the Wildcats rallied with a 22 - 1 run on Weber that spanned the final 10:02 of the half.

That one point, a free throw by forward Angela Sampson, was the final Weber score for the first half, while the Cats added 12 more points to the board.

K-State's Kendra Wecker led the Cats in scoring with 18 points and seven rebounds while Laurie Koehn added 13 points and seven boards of her own.

Weber State's Julie Gjertsen scored 20 of her team's 36 points on 6-of-19 shooting and four three-point field goals. Crystal Howe led Weber State with 10 rebounds.

K-State's lead was never less than 18 points during the second half.

"I was pleased with the intensity we brought to the floor. I felt we played with a lot more focus tonight and had our minds on the floor with every possession," said Patterson.

Classified Runover
2 x 21.25"
Black Only



Post/Biles

K-State forward, Nicole Ohlde, lays up two points during the Commerce Bank Wildcat Classic. In the game against Weber State, the Cats won 60 - 36.

Holiday tournaments scheduled on Fort Riley

Over the holiday season, two intramural sporting events are scheduled to be held on Fort Riley.

The 2002 Fort Riley Holiday Battalion Racquetball Tournament is slated for Dec. 20 - 23 at the King Field House.

The deadline for team registration is Tuesday, no later than 4:30 p.m.

The 2002 Fort Riley Holiday

Battalion Level Basketball Tournament is also scheduled for Dec. 20 - 23.

Games will be played at the King Field House.

The Deadline for team registration is Dec. Tuesday, no later than 4:30 p.m.

For more information on either of the tournaments, contact the King Field House Sports Office at 239 - 3945.

Regulations

continued from page 11

DES, Conservation or from the Outdoor Recreation Center. If you are not hunting animals, fishing or gathering fuel wood, you do not need a permit to participate in outdoors activities on Fort Riley. But, you do need a Natural Resources Vehicle Marker, which is also available from the Conservation Division or Outdoor Recreation.

Hunter Educational Requirements: Army regulations requires that all hunters complete a certified Hunter Education Course prior to hunting on any Army lands. Hunter Education Courses taken in other states are valid. Person 12 - 13 years of age may bow hunt for deer if they have completed a hunter education course and an International Bowhunter Education Program course or equivalent. Such hunters must also hunt within clear sight and hearing of an adult 21 years of age or older. Persons born on or after July 1, 1966, must successfully complete a Kansas Furharvester Education Course or a course approved by Kansas in order to purchase a Kansas furharvester license. Trapping is not allowed on Fort Riley.

Shooting Limitations: Firearms shall not be fired within 200 meters of any building, body of troops or restricted area, or from or across any improved road. The discharge of firearms is prohibited within 100 meters of any improved road. Handguns are

allowed for hunting purposes on Fort Riley in areas that are open for rifle hunting and as allowed in FR 210-15 and in accordance with Kansas hunting regulations. Target shooting is not allowed on Fort Riley except at the Privately Owned Weapons Range.

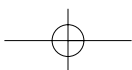
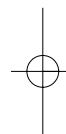
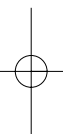
For more information, call the Open Area Hotline 239-6669, Conservation Division 239-6211, Outdoor Recreation Center 239-2249 or the MP Game Warden, 239-6767. Information is also available on the Internet at www.riley.army.mil/Recreation/Outdoor/

SET
2 x 5.5"
Black Only
NEW TIMES





Cyan Magenta Yellow Black





Cyan Magenta Yellow Black



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Port Riley Post

December 13, 2002

ITR

The Information, Ticketing & Registration Office is located in building 6918 (across from the PX). ITR hours of operation are Monday - Friday 10 a.m. - 7 p.m. The office is closed on weekends and holidays. For further information, call ITR at 239-5614 or 239-4415. Check out the Department of Army Leisure Travel Web site at www.offdutytravel.com for more great deals on travel.

BOSS

Better Opportunity for Single Soldiers is having an Improv Show today, 8 p.m. Tickets are now available at ITR for the performance at Rally Point. Cost is only \$5 for an evening of great fun, excitement and laughs.

Harlem Globetrotters

The Original Harlem Globetrotters "Reclaiming the Game" on Jan. 3, at the Salina Bi-Centennial Center. Tickets now available through ITR

Union Station

Union Station in Kansas City is a wonderful place to explore history and science. Your best value is a Science City Passport that includes Science City and two shows. In the city, dance with a Samba band, walk through the inside of a human body, see new science demos and explore the traveling exhibit Robotics in the exhibit gallery. Explore the magic of the circus in Circus Magicus, the traveling exhibit. See a giant-screen movie or planetarium show. Take a guided tour of the building and visit the history exhibit Candy, Coffee and a Smile. Discount tickets are now available through ITR.

Dixie Stampede

Stampede into Christmas with Dixie Stampede. Get into the spirit of season with a special Christmas show for the whole family. This time, it's North Pole vs. South Pole! You'll be enchanted

as elves serve your Yuletide feast and Santa arrives by sleigh. Holiday music, a nativity scene and even wise men on camels all say "Merry Christmas!" Dixie Stampede style. Discount tickets available through ITR.

Holiday Travel

ITR now assists you with leisure commercial travel. Make your holiday plans early for better pricing and ticket availability. A computer KIOSK is available at ITR for customer use in booking airline tickets through the Internet or call ITR for assistance in booking your commercial travel.

Czars 400 years of Imperial Grandeur

All the drama and intrigue of 400 years of Russian history comes alive in Topeka. The State Historical-Cultural Museum-Preserve, "Moscow Kremlin," one of the most prestigious museums of Russia, is proudly presenting this

exhibition in the new permanent Kansas International Museum through March 15. From the moment you begin your self-guided tour, you will be awe-struck by the magnificence and grandeur of this exhibit, which includes 267 artifacts from the era. The eleven galleries depict the lives of the czars through the artifacts that touched their lives. Discount tickets available through ITR.

Sawyer Brown Christmas

Sawyer Brown Christmas is coming to the Salina Bicentennial Center tomorrow, 7 p.m. Tickets are now available through ITR.

Holiday Gift Ideas

Need holiday gift ideas? Stop by ITR for area discount movie tickets, tickets to Science City, Czars exhibit or Kansas CosmoSphere and Space Center. Tickets are not date specific and make great holiday gifts. Let ITR sur-

prise that special person with a Dream Cruise or a package for Walt Disney World or Branson. Call for further information.

Santa Suit Rental

It's time to make a reservation for that special guest in "red" for your unit or organizational parties. Cost is only \$25.

Silver Dollar City

Come home to Silver Dollar City for an Old Time Christmas. The city lights up in splendor with over four million lights as the Holiday Light Parade winds its way through the streets proclaiming the Gifts of Christmas. The festival features a five-story special effects Christmas tree, Tinker the Talking Christmas Tree that sings and interacts with kids and the living nativity. Silver Dollar City truly appeals to all ages. Discount tickets available to numerous other attractions in Branson. Let ITR put together a holiday

package get-away.

McCain Auditorium

Tickets available for all performances through ITR for McCain performances at Kansas State University, Manhattan. Stop by and pick up complete performance schedule.

Kansas City Chiefs

Tickets still available for the following home games St. Louis Rams - Sunday and San Diego Chargers - Dec. 22. Tickets are \$65 each without transportation and \$80 with transportation.

Discount Movie Tickets

Passes may be used at Carmike Cinemas in Manhattan and Westside Twin in Junction City. Cost is \$5 for J.C. and \$5.50 for Manhattan. This is a great savings for evening shows; a savings of up to \$2 per ticket.

Keeping children busy during holiday break can be challenging

K-State Release

Holiday time is fast approaching and soon parents will again hear the pitter-patter of little feet. The sounds, however, can soon turn to moans and groans of "I'm bored" as children yearn to find activities to occupy their time during the winter break from school. One Kansas State University professor has some ideas for parents to keep their children occupied during their vacation.

According to Ann Murray, associate professor in family studies and human services, parents should plan activities that involve their children, especially in

helping to prepare for the holiday season.

"The main thing is to involve the kids in all of the work that's being done," Murray said. "Kids really like to have a role and to feel needed. They can do lots of things in the kitchen, even little tiny kids, to help out setting the table and making some of the things several days in advance. Don't just plot the kids in front of the TV to watch cartoons. I think what parents can do is to have some longer-term projects that they do with their kids."

Parents can get ideas for these projects from many different resources. There are sites on the World Wide Web that contain information about arts and crafts projects

and recipes for the holiday. You can use any of the search engines to search for holiday projects and activities and come up with a list of sites to surf for ideas," Murray said.

Murray also mentioned the library as one of the best places to get ideas. Around Christmas time they have lots of ideas for how to bake things or things you can make, she said.

Other projects that Murray mentioned include:

Building a gingerbread house.

"One thing we do is build a gingerbread house and this stretches over a number of days, and there are a lot of different tasks that everyone can get

involved in. We've been doing this for about 10 years and we started small with graham cracker houses and we've gotten more elaborate as our kids have gotten older. But that's something that has the potential to stretch over a number of days and be something that kids really get involved in and have a lot of fun with."

Parents can also help their children make presents instead of buying them. "Instead of buying expensive gifts, they can be involved before Christmas in making gifts, particularly food-type gifts. Kids really enjoy that. I'm sure there are lots of things that kids can make to give away instead of having to ask for money to buy gifts for friends and relatives."

"Another idea is to just involve them in the holiday decorating that's being done, like selecting the tree, decorating the tree and even making ornaments for the tree. We always used to make cookie ornaments for the tree, gingerbread people that we would decorate or stars or bells, and that was a nice project that contributed to the tree looking nice."

"Adults often forget that kids need to be active," Murray said. "When the weather is bad often adults don't want to go out, but kids really need to have a physical outlet. Some ways to do that are to go roller skating, ice skating, bowling or if the weather's good enough go to the zoo."

Powerlifting

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In the 132 class, Rodel Yadao, Services Co., 4th Bn., 1st FA, squatted 135, benched 185 and dead lifted 275, for 1st place.

Anthony Thomas, Company C, 149th Infantry, took first in the 148 weight class, squatting 275, benching 255 and dead lifting 315. John Foster, 924th MP Bn., came in 2nd. He squatted 245, benched 230 and dead lifted 285.

In the 165 weight class, Pablo Rivera, 24th Transportation Co., 541st Maint. Bn., squatted 275, benched 235 and dead lifted 430, for 1st place. Jacob Wilson, 924th MP Bn., took 2nd. He squatted 295, benched 235 and dead lifted 405.

In the 181 class, Jerry Reitan, 924th MP Bn, placed 1st. His lifts were: squat 305, bench 250 and dead lift 430. Second place went

to another 924th MP, Shawn Sutton. Sutton's lifts were: squat 300, bench 225 and dead lift 405.

Michael Huitema, 924th MP Bn., took 1st in the 198 class. He squat 435, benched 265 and dead lifted 475.

Michael Porter, Co. B, 4th Bn., 1st FA, came in 2nd, squatting 375, benching 315 and dead lifting 395.

In the men's 220 weight class, Jon Peace, Co. C, 149th Inf., won 1st place. He squatted 550, benched 400 and dead lifted 605. In 2nd place was Matthew Coulson, 924th MP Bn, team captain, with a squat of 345, bench 385 and dead lift 425.

In the men's unlimited weight class, Sandy Wilson came in 1st with a squat of 500, bench 385 and dead lift 500. Robert

Munier's record-breaking bench press assisted him in coming in 2nd, with a squat of 365, bench 480 and dead lift 445.

There were two outstanding lifters recognized after the competition as well.

The Female Outstanding Lifter was Sara Mlynec from the women's 148 lbs. weight class.

The Male Outstanding Lifter was Jon Peace from the men's 220 lbs. weight class.

In the end, the 924th MP Bn. walked away with 1st place in the men's and women's team competition, but 4th Bn., 1st FA, was not far behind.

In the men's overall, 2nd place went to 4th Bn., 1st FA, and 3rd

went to Co. C, 149th Inf. In the women's overall team competition, 2nd place went to 541st Maint. Bn.

According to Coulson, with this win the 924th MP women's team has clinched the Women's Commander's Cup title, with an impressive lead over the other teams in the competition and only

one sport remaining to be completed. The men's competition is not quite as clear-cut.

At this time, according to Barry Sunstrom, Fort Riley intramural sports coordinator, the Men's Commander's Cup winner has not been decided yet. "It is too close to call."

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